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WINTER WEAR
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Your essential daily news | TUESDAY, DECEMBER 6, 2016

High -4°C/Low -7°C Messy

The City of Winnipeg busted out the snowplows and sanding trucks at the sand storing facility at 1220 Pacific Ave. on Monday.
BRAEDEN JONES/METRO



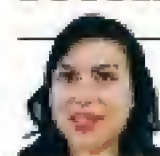
WE'RE READY

Winnipeg gears up for a doozy of a winter storm
metroNEWS

Money talks in pipeline protest

STANDING ROCK

'Bank exit' movement calls for end to funding fossil fuels



Jessica Botelho-Urbanski
For Metro | Winnipeg

Winnipeg's underground corridors were sprinkled with activists trying to get the word out about an issue that's flown under the radar in mainstream media until Monday — Canadian banks' investments in the fossil fuel industry.

Anny Chen distributed flyers and held a hand-painted sign made by a 13-year-old boy she teaches that read "Water is life." The boy lives on a Manitoba First Nation that's under a boil water advisory and was part of a class of 13-year-olds she teaches that made art in support of Standing Rock demonstrators.

Chen was among a half-dozen demonstrators co-ordinating a local "bank exit" movement that happened across the country Monday. Activists encouraged people to cancel their bank ac-

counts at certain institutions — namely TD Canada Trust, Royal Bank of Canada, CIBC, HSBC Bank Canada, Scotiabank and Bank of Montreal — to send a message to those banks to divest investments away from the oil sector.

"If people can, they should look into closing their accounts, and when you're looking for a new institution, make sure to ask for fossil-free services," Chen said.

"(Closing accounts) does show the institutions that you mean it. You're talking with your money."

Alison Ford, a spokesperson for TD Bank, told Torstar News Service that TD respects "the rights of those who wish to voice their opinions in peaceful protest."

"We support efforts to ensure environmental sustainability and the safety of the site. We will continue to encourage (Energy Transfer Partners, which owns the project) to engage in constructive dialogue and work towards a resolution with stakeholders and community members, including the Standing Rock Sioux Tribe," Ford said in a statement.

WITH FILES FROM TORSTAR NEWS SERVICE

For more on Standing Rock, see p. 5 and 9



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Builders hammer city



Starting May 1, 2017, the city will levy the new charges on residential developments under construction in 13 areas on the outskirts of the city. **LYLE STAFFORD/FOR METRO**

GROWTH FEES

Association plans to launch legal action on city's policy



Stephanie Taylor
Metro | Winnipeg

The City of Winnipeg could start off 2017 with a legal challenge on its new growth fees policy.

Mike Moore, president of the Manitoba Home Builders' Association, is planning to launch legal action against the city, along with the Urban Development Institute.

He said the challenge will be based on whether city hall has the legal authority to implement the impact fee under the The City of Winnipeg Charter. Initially, Moore predicted the challenge to launch this fall.

"It's better to have it done right than to have it done quickly," he told reporters on Monday.

Moore says he's heard differing opinions as to how long a legal challenge could take.

"I've heard that it can be as quick as three months to

“It's better to have it done right than to have it done quickly.”

Mike Moore

read it and three months to give a decision, and then I've also heard people say, 'Oh no, this will take the better part of a year.'

Starting May 1, 2017, the city

will levy the new charges on residential developments under construction in 13 areas on the outskirts of the city.

Moore appeared before Mon-

day's meeting of the planning, property and development committee to voice concerns about a predicted slow down in housing starts in the latter half of 2017. That slump in permit

revenue will lose the city \$3 million, while impact fees will only rake in \$1 million, he said.

The city's planning director, John Kiernan, agreed that he anticipates there will be a rush of permit applications between now and next spring in order for developers to avoid paying the new fees.

"I've heard that it can be as quick as three months to read it and three months to give a decision, and then I've also heard people say, 'Oh no, this will take the better part of a year.'

CONSTRUCTION

Radio ad to attack road plan

The Manitoba Heavy Construction Association (MHCA) is taking to the airwaves to attack city hall's roadwork plan for 2017.

The association says the ads will urge council to restore the two per cent in dedicated road renewal funding, which they believe is being spent elsewhere.

Because next year's preliminary roads spending plan derives from the 2015 capital forecasts, the association says it illustrates that \$98 million is being taken away from fund.

Recently, association president, Chris Lorenc, appeared before the city committee on infrastructure renewal and public works to voice these concerns. Similarly, Coun. Russ Wyatt has complained that a "shell game" is being played with the local and regional roadwork dollars, which are supposed to be stored in dedicated reserves established back in 2013 and 2014.

"The radio ads, running in prime slots for the morning and afternoon commutes, note that the two per cent property-tax deal that was designed to get more funding into street renewal budgets is not being honoured by city council," the association writes in a news release circulated Monday morning. "If council changes the plan, then it must lay out for Winnipeggers the full implications of cutting nearly \$100 million out of street repairs."

Mayor Brian Bowman maintains all revenue from the two-per-cent property tax hike is being funnelled directly into road spending, dismissing the association's criticism.

STEPHANIE TAYLOR/METRO

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Designated driver service to ensure safer trip home

ROAD SAFETY

Company will ferry 'impaired' motorists in their own cars



Braeden Jones
Metro | Winnipeg

Driving while impaired is irrefutably unsafe, which is why a new Winnipeg company is offering what they call an affordable designated driver service.

Drivers 'R' Us (DRU), which launched last week, will intercept and ferry an impaired driver home safely in that person's own vehicle, just like a solid DD, but for fixed rates depending on the distance.

Co-owner Tamarah Todd said she drove for a similar company in Surrey, B.C., and found "there wasn't really much here like that."

"I thought it was a great idea to have for the city so people have that option to get you and your vehicle driven home safely, instead of a cab when you can get home and have to get back to the vehicle," she said.

Teams of two respond to any service booked, one person to drive the customer's car, and one to drive the "chase car" and collect the driver when the job is done.

Launching in time for the Christmas season was a way for DRU to cater to Winnipeggers who get a little tipsy on more than Holiday cheer, but Todd said her business is not exclusively for alcohol intoxication or any time of year.

"We're planning on doing



Co-owners of Drivers 'R' Us Designated Driving Services, Tamarah and Shea Todd say they have a list of interested drivers ready to offer their services to Winnipeggers. DAVID LIPNOWSKI/FOR METRO

this year-round... and the most common usage so far is drinking, but we cater to people leaving hospitals, airports, dental patients, anyone that's impaired," Todd explained.

Whether it's post-operation lethargy, a lost license, general sleepiness, drowsiness from a flight, a hockey injury, sadness, or drug use that makes someone feel like driving wouldn't be

wise, Todd said DRU is for them.

The service launched with higher prices than the current rates, which Todd decided to lower after a test weekend and customer feedback.



The most common usage so far is drinking.

Tamarah Todd

She said she had one driver team at first, collecting 30 per cent of the total trip fare, and has a list of interested drivers responding to Kijiji postings, which she'll tap to scale whenever demand increases.

Her partner, Shea Todd, explained DRU circumvents taxi rules by officially being a designated driving service — they pick up cars, like a courier, and would do so without a passenger if the customer wanted it that way, but almost always they're along for the ride.

That's incidental, he said.

"We don't think (taxi licensing) applies to us, no one is ever in our vehicles at all, always in their own, that separates us from a taxi," he explained.

Taxi Cab Board chairperson Randy Williams was unable to respond to a request for comment before Metro's print deadline.

Shea said DRU is one of a few similar designated driver services cropping up in Winnipeg, but one of the only ones that will venture outside of the perimeter highway, and also has a unique emphasis on a full range of impairment beyond drinking.

"We wanted to stand out," he said, noting making the service affordable, as evidenced by their reaction to price-related feedback shows, was very important.

"We're not trying to get rich, we're just really trying to help the community."

WEATHER

Winter storm on the way

After neglecting Winnipeg for much of November, Old Man Winter is blowing a season-appropriate storm into Winnipeg this week, one that has the city's public works department chomping at the bit.

"Winnipeg is excellent at clearing snow, (it's) something that we do every winter and we do it very well," said department snowperson Ken Allen. "Crews are ready to get out there ... looking forward to doing what they do best, which is opening up the streets so that the traffic can flow."

"I would say there's even a little bit of excitement among the crewmembers."

Allen explained the plan of attack for the doozy of a snowstorm — 15 to 30 cm of the white stuff into Wednesday, according to Environment Canada — is to hit main roads and bus routes with sand trucks first, then get plows out scraping roads before snow accumulates.

"It's just like when you're clearing your sidewalk at home, you know if you don't clear (it) and you start walking on it, it's harder," he said. "The trick to it is really getting the truck ploughs out there right away, peeling off as much snow and ice as you can so that those ruts don't build up."

Snow clearing operations this week will see as many as 450 pieces of heavy equipment mobilized as various sand spreaders and plows work around the clock until roads are clear.

The city's \$33.5 million 2016 winter road maintenance budget has roughly \$10 million left in it to finish off this month.

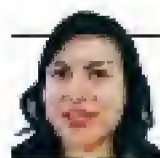
Allen said that should probably suffice, though if the highest forecast amount of snow does fall this week — spurring a residential plowing cycle — this week alone could cost as much as \$6 million.

Allen said if that's the case, residents will want to have the city's new Know your Zone app, which 6,200 Winnipeggers have already downloaded to date.

"This is the time when we want people to download it, start to familiarize themselves with the app," he said. "We need people to find out what snow zone their street is located in, save that address as a favourite... depending on what happens with the weather this week, that app will come in handy if we get into a residential ploughing operation." BRAEDEN JONES/METRO

ENTERTAINMENT

Cirque du Soleil announces summer showcase



Jessica Botelho-Urbanski
For Metro | Winnipeg

Cirque du Soleil's world-class performers will tumble and twist their way to Winnipeg for an elaborate showcase under the big top in June.

The venue is a first for the Montreal-based company, who usually perform at the MTS Centre when in Winnipeg.

KURIOS — Cabinet of Curiosities will be under the big top at Sterling Lyon Parkway and Kenaston Boulevard

(where the travelling horse show *Odysseo* took place last year) from June 2 to June 25, 2017.

Pre-sale tickets go on sale Monday for Cirque Club members, while general sales start Friday.

KURIOS is the 35th production from Cirque, which — by the sounds of its description — caters to escapists and lovers of the surreal.

"In an alternate yet familiar past, in a place where wonders abound for those who trust their imagination, a Seeker discovers that in order

to glimpse the marvels that lie just below the surface, we must first learn to close our eyes," a news release from Cirque stated Monday.

"In his larger-than-life curio cabinet, the Seeker is convinced that there exists a hidden, invisible world — a place where the craziest ideas and the grandest dreams await. A collection of otherworldly characters suddenly steps into his makeshift mechanical world."

When the outlandish, benevolent characters turn his world upside down with a

touch of poetry and humour in an attempt to ignite the Seeker's imagination, his curious jump to life one by one before his very eyes."

The show premiered in Montreal in April 2014 and has toured across North America, earning encouraging reviews from critics.

Ticket prices range from \$40-\$164. They will be available to buy online at cirquedusoleil.com/kurios and Ticketmaster.ca, by calling 1-877-9 CIRQUE (1-877-924-7783) or in person at the MTS Centre box office.



A scene from Kurios — Cabinet of Curiosities performed by Cirque du Soleil in Montreal in 2014. BERNARD BRAULT/LA PRESSE



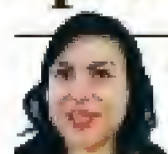
Despite blizzard conditions, military veterans march in support of the "water protectors" at Ojibwe Camp on the edge of the Standing Rock Sioux Reservation on Monday outside Cannon Ball, N.D.

SCOTT OLSON/GETTY

Standing firm at Standing Rock

PIPELINE PROTEST

Winnipeg activists at site 'cautiously optimistic'



Jessica Botelho-Urbanski
For Metro|Winnipeg

There was dancing, singing, fireworks and celebrations Sunday night. But demonstrators near the Standing Rock Sioux Reservation in North Dakota are only "cautiously optimistic"

about the temporarily stopped construction of the Dakota Access pipeline.

A group of Winnipeg activists made their way south to the Ojibwe camp near Cannon Ball, N.D. Sunday where an estimated 20,000 people are staying to protest the pipeline, which they say will contaminate the local water supply and disrupt indigenous burial grounds if built.

Sadie-Phoenix Lavoie and Clayton Thomas-Müller said they were bracing for what could have been a tense stand-off as the Army Corps' previously announced deadline to

vacate the camp loomed over Monday.

However when they arrived at the camp around 3 p.m. Sunday, the mood was jovial.

"We didn't have any reception and weren't able to see any of the news just yet. As soon as we showed up, everyone was like running around doing interviews and was very happy and excited. We didn't know what was happening, so when we finally connected (and) we

heard the news about it, we were pretty ecstatic," Lavoie said.

In a statement Sunday, the Army Corps announced they wouldn't approve a permit to drill under Lake Oahe in North Dakota, opting instead for an environmental impact statement that would explore alternate routes.

After more than eight months spent living near the pipeline's construction barriers,



This has bought everyone time to breathe a little bit.

Clayton Thomas-Müller

acades, the demonstrators were elated by what they perceived as a victory, but continue to winterize their camps in preparation for a longer stay. They suspect they may still be fighting the pipeline — which they refer to as the "black snake" — once President-Elect Donald Trump is sworn in Jan. 20, said Thomas-Müller.

Energy Transfer Partners has been trying to build the \$3.7-billion Dakota Access pipeline from Illinois to North Dakota. In a statement Sunday, they decried the Army Corps' move to pause construction as a "purely political action..."

intended to delay a decision in this matter until President Obama is out of office."

"These corporations are very emboldened and so the camp, myself included, I think are cautiously optimistic," Thomas-Müller said. "This is undoubtedly a very historic moment that demonstrates the incredible power of social movements. However, the cards are stacked. So I think this has bought everyone time to breathe a little bit, to get the permanent winter encampments."

"This victory here at Standing Rock has injected an incredible amount of hope," he said.

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Artifacts at the St. Boniface Museum in Winnipeg including, left, a 19th-century lock of hair from one of Canada's most controversial figures, which sits next to a pistol.

STEVE LAMBERT/THE CANADIAN PRESS

“

They were using bison hides for the rest of the walls

Aidan Prenovault

Custodian of city's rich history

ST. BONIFACE MUSEUM

Guns and lock of Louis Riel's hair among the exhibits

A 19th-century lock of hair from one of Canada's most controversial figures, which sits next to a pistol, is undoubtedly the most startling artifact in the St. Boniface Museum in Winnipeg.

The hair was taken from Louis Riel's beard, shortly after he was convicted of treason and hanged, and now has a place of prominence in a museum that takes visitors back in time to the days of fur traders, missionaries and the development of the Prairies.

"After he was executed, there was what was called a coroner's jury, which was a group of people who met with

the coroner to confirm that it was Louis Riel, he was dead, and that he died in a humane way," Aidan Prenovault, one of the museum's interpreters, explains.

"When all that was confirmed and the coroner signed off declaring his death, (jurors) would take souvenirs from his body — locks of his hair, they cut off his suspenders, they took the moccasins from his feet ... so they could say, 'Yeah, I was involved in executing Louis Riel.'"

The pistol that sits next to the lock of hair is said to have been purchased by Riel in Montana in 1883. Moccasins, a trunk and other goods that belonged to Riel are also on display. He is buried in a cem-

etery a two-minute walk away.

The museum, across the Red River from downtown Winnipeg, celebrates French-Canadian and Métis contributions to the development of the West, starting at a time when there was little relief from the harsh Prairie weather.

The building itself was built in the 1840s for a group of Grey Nuns who were brought in to the burgeoning Red River Colony to help with religious guidance, education and health care. The oak log structure is the oldest remaining building in what is now Winnipeg and served as a convent, school, asylum and the first hospital in Western Canada.

The nuns moved in about three years before the build-

ing was finished, and had little protection against the bone-chilling winters.

"Only one of the walls was up, and they were using bison hides for the rest of the walls until the building was completed," Prenovault says.

The museum has an altar, statues and other religious items from that time, all contained in a chapel.

Other displays focus on specific eras of the West.

One section of the museum shows a model of a canoe and explains the life of fur traders who battled raging rivers and extreme weather as the Hudson's Bay Company and the North West Company wrestled for economic supremacy in the West.

The section that includes the story of Riel celebrates the Red River Rebellion, which led to a provisional government in 1869 and the entry of Manitoba into Confederation the following

+ IF YOU GO...

The St. Boniface Museum is located at 494 Tache Ave. in Winnipeg, a short walk or drive across the Provencher Bridge from downtown.

Admission rates range from \$4.50 for youths to \$6.75 for adults. A family admission is \$16.

The museum's website is <http://msbm.mb.ca/>.

year. The section explains Riel's efforts to set up a government that would respect the rights of French- and English-speaking inhabitants, and the fighting that occurred before and after.

After Confederation, life became more settled. St. Boniface was incorporated as a town in 1883, then a city 25 years

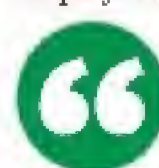
later (it would eventually be absorbed into Winnipeg). The museum shows the growing urbanization of the area.

One display shows two rooms of a typical home in the 1920s, as the inhabitants enjoy semi-modern conveniences. Gabrielle Roy, the francophone author of *The Tin Flute* who gained fame after moving to Quebec, was born, raised and taught school in St. Boniface. A quilt made by her mother is on display at the museum.

Winnipeg would lose ground to faster-growing western cities as the 20th century progressed and trade routes that didn't involve the Red or Assiniboine rivers developed. The museum, Prenovault says, takes visitors back to an era when the area was ground zero for commerce, religion and education beyond Ontario.

"Winnipeg — the Red River settlement — was a hub."

THE CANADIAN PRESS



(Jurors) would take souvenirs from his body so they could say, 'Yeah, I was involved in executing Louis Riel.' Aidan Prenovault

ELECTORAL REFORM

Tax breaks could put women on the ballot

Ryan Tumilty
Metro | Ottawa

A House of Commons committee that suggested dramatic changes to how Canada votes also wants parties to get a financial incentive to put more women on the ballot.

The Special Committee on Electoral Reform released their report last week, and while much of the attention was focused on a potential new voting system and a national referendum to make that choice, they also had some suggestions on gender diversity. Their suggestion was to have Elections Canada come up with a financial incentive that would encourage parties to get more women running for office.

Nancy Peckford, a spokesperson for Equal Voice, which encourages women to run, said they believe the suggestion is an important step forward.

"We are very glad that they addressed the issue," she said.

According to Equal Voice, there were 97 ridings in the last federal election where there were no women on the ballot for the major three parties.

Currently, 27 per cent of MPs are women.

Peckford said some parties did better than others in the last election and a financial incentive could help change that balance.

She said getting women to run may require parties to reach out more to find good candidates and putting a financial incentive could help change things.

"They would just make that additional effort in the ways they don't always."

“

I think the measure could be adopted regardless of or independent of changes to the electoral system.

Nancy Peckford

Party nominations are governed by the parties themselves and Peckford said some more structure there could also help.

"There is a lack of ... regularity around how a nomination race is called," she said.

The Liberals have not committed to the referendum called for in the committee report and have instead started a national online consultation about changes to the voting system.

Peckford said regardless of what happens through that process, this more minor change should not be ignored and could go ahead with other measures designed to get a more diverse House of Commons.



Maryam Monsef, minister of democratic institutions, stands in the House of Commons on Dec. 1. FRED CHARTRAND/THE CANADIAN PRESS



SEE VIDEO ON THE METRO APP

MONTREAL CALL MR. PLOW Winter has reared its ugly head in cities across the country and those early snowy blasts are creating havoc on the roads. Montreal is not immune to slippery snafus as we can see reflected in the misadventures of bus drivers and others who became caught up in the snowballing situation. TEXT: ANDREW FIFIELD/METRO; PHOTO: FACEBOOK/TORSTAR NEWS SERVICE

Defence worker is in a \$1.3M Kijiji jam

OTTAWA

Man accused of selling stolen computer parts

Haley Ritchie
Metro | Ottawa

A National Defence worker allegedly stole more than \$1.2 million worth of computer equipment over four years by using false purchasing orders, court documents show.

Andrew Heggaton, 33, was a civilian employee with the Department of National Defence

inside the Canadian Forces Crypto Support Unit. He was fired in 2015 after an investigation caught him creating false documents and stealing expensive computer equipment, the documents say.

Heggaton was caught in the act on March 6, 2015, the court file says, with stolen parts totalling over \$5,000 found on his person.

Court documents note that the stolen parts included 15 Intel Core i7 Processors, which retail for around \$550 each, and four Crucial BX 100 SSD Cards, which retail for around \$250 each.

The parts he was caught with in March were the latest in a

long-running con that saw him order over \$1.2 million worth of merchandise on behalf of the government, the court documents allege.

Heggaton would allegedly order computer parts for the department with fake purchasing orders and pocket the money after reselling them on Kijiji.

Heggaton faces seven charges, including forgery, fraud, theft and trafficking of stolen goods.

While he was required to get approval on purchases, falsified documents prevented him from being caught.

The department's finance manager, Gerry Ringuette, approved orders without knowing

that Heggaton hadn't received a real approval signature.

Between June 2011 and March 2015, the documents say Heggaton purchased \$966,933 worth of parts. He allegedly purchased from computer part suppliers on behalf the Canadian Armed Forces by creating fake purchasing orders.

Heggaton falsely ordered \$67,123 of merchandise from Netlink Computer Inc. and \$61,033 from software company Softchoice, the documents allege.

In another incident on Sept. 4, 2014, the documents claim Heggaton falsified an invoice for \$16,540.42 worth of computer parts.

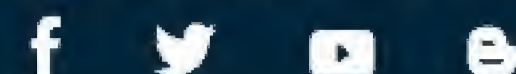


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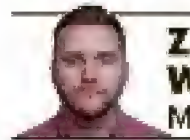


HERZING
COLLEGE

A bad day for education

LABOUR

Minister called on to quit after all Nova Scotia schools closed



Zane Woodford
Metro | Halifax

Calls for the resignation of Nova Scotia's minister of education bounced off the walls inside and outside the Nova Scotia House of Assembly on Monday, but to the minister herself, the idea was laughable.

After shutting down every school in Nova Scotia on Saturday, Minister Karen Casey announced Monday that they'd reopen Tuesday, citing a change in the directives around the Nova Scotia Teachers Union's planned work-to-rule job action. Casey had said on Saturday that the union's work-to-rule job action would make schools unsafe for children, leaving her with no choice but to close them.

"Those circumstances have now changed, and they've changed for the better," Casey said Monday afternoon.

The leader of the province's Progressive Conservatives, Jamie Baillie, called on Casey to resign.

"The government really decided to play politics with students and classrooms," Baillie



Teachers across Nova Scotia took to social media on Monday to show what they were doing in empty classrooms. TWITTER

said Monday. "They closed the schools, causing great hardship to all Nova Scotia families on the pretext of safety. That pretext was blown out of the water for the lie that it is today, and now the government's credibility is in tatters."

During an eight-minute press

conference for which the minister was 25 minutes late, Casey laughed when asked if she was considering resigning.

"I have no intention of resigning," she said.

By the end of the day Monday, the crowd outside the House of Assembly numbered in the hun-

dreds, and speakers, to cheers, called for Casey's resignation.

Maylia Parker and her husband Jeff brought their kids Mattias and Ella to the protest Monday morning, wanting to give them a lesson in politics.

"We decided instead of going to work today, we would take this

time to educate our kids on civic duty, and democracy, and how this process works," Parker said, calling the government's reason for closing schools "a crock, a complete excuse."

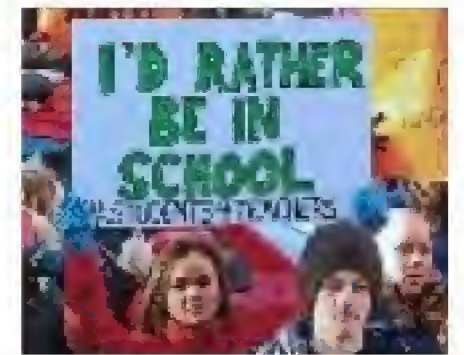
"The government did a good job of pissing off parents, they really did," she said.

Messages of support

"My kids ... benefit every day at school from the hardworking teachers that go above and beyond," Marcie Rossiter said, her voice breaking with emotion.

Rossiter was one of many who took action Monday to show support for teachers. There were stories of muffins being dropped off and parents lining up to clap for teachers as they walked into school. Rossiter got some chalk and drove her two daughters to their school, and although she wasn't able to attend the rally in downtown Halifax, she said she still had to "do something."

She wrote chalk messages at both entrances to the school, like "we love our teachers." Some of the educational assistants spotted them from the windows and alerted the teachers, Rossiter said, who came out to clap for the girls and gave them all hugs.



A student at a rally in Halifax on Monday. JEFF HARPER/METRO

WASHINGTON, D.C.

From online rumour to real violence

The bizarre rumours began with a leaked email referencing Hillary Clinton and sinister interpretations of references to pizza parties. It morphed into fake online news stories about a child sex trafficking ring run by prominent Democrats operating out of a Washington, D.C., pizza joint.

On Sunday, it culminated in violence when police say a North Carolina man fired an assault rifle multiple times inside the Comet Ping Pong restaurant as he attempted to "self-investigate" the conspiracy theory known on the Internet as "Pizzagate."

No one was hurt and the man was arrested, but the shooting alarmed those from neighbouring businesses all the way to the White House about the real life dangers of fake news on the internet.

White House Spokesman Josh Earnest, asked about the shooting Monday, said, "There's no denying the corrosive effect that some of these false reports have had on our political debate ... it's deeply troubling that some of those false reports could lead



Edgar Maddison Welch surrenders to police on Sunday after "investigating" a Hillary Clinton conspiracy with an assault rifle at a pizza restaurant. SATHI SOMA/THE ASSOCIATED PRESS

to violence."

Edgar Maddison Welch, 28 of Salisbury, North Carolina, was arrested Sunday afternoon outside the popular eatery in an affluent capital neighbourhood, police said.

At a first appearance Monday

in D.C. Superior Court, Welch appeared handcuffed in a white jumpsuit and was ordered held pending a hearing Thursday.

Comet's owner, James Alefantis, said in a statement Sunday night: "Let me state unequivocally: These stories are completely

and entirely false, and there is no basis in fact to any of them. What happened today demonstrates that promoting false and reckless conspiracy theories comes with consequences."

Still, at least one person clinging to the conspiracy theories is prominently connected to Trump's transition team. Michael Flynn Jr. is an adviser to his father, Michael Flynn, whom Trump selected to serve as national security adviser.

Flynn Jr. has sent numerous posts on Twitter about the Pizzagate conspiracy theories. Flynn Jr., who has accompanied his father to presidential transition meetings inside Trump Tower and lists the presidential transition website as part of his Twitter bio, tweeted Sunday night that, "Until #Pizzagate proven to be false, it'll remain a story."

Welch was charged on multiple counts, including assault with a dangerous weapon. Police recovered an AR-15 rifle, a Colt .38 handgun, a shotgun and a folding knife.

THE ASSOCIATED PRESS

GERMANY

Migrant's murder arrest emboldens nationalists

The arrest of a 17-year-old Afghan migrant suspected of raping and killing a university student must not be used for "rabble-rousing and conspiracy propaganda," Germany's vice chancellor said Monday as a nationalist party argued that the government bears a share of the blame.

The teen, who entered Germany last year as an unaccompanied minor, was arrested Friday. The victim, a 19-year-old medicine student, vanished in mid-October on her way home from a party in the city of Freiburg and her body was found in a river.

The arrest of the suspect has played into ongoing tensions about the arrival in Germany last year of hundreds of thousands of migrants. Joerg Meuthen, a co-leader of the nationalist Alternative for Ger-

many party, argued Sunday that Chancellor Angela Merkel and Vice Chancellor Sigmar Gabriel bear "a decisive share of the responsibility for this cruel act and many other 'isolated cases' that have happened daily in Germany since the unhindered entry of illegal immigrants."



We must not allow this abhorrent act to be abused for rabble-rousing.

Sigmar Gabriel

The party rose in polls following last year's migrant influx and hopes to enter the national Parliament in an election next year in which Merkel is seeking a fourth term.

"We must not allow this abhorrent act to be abused for rabble-rousing and conspiracy propaganda," Gabriel told Monday's edition of the Bild daily. "It is clear to everyone that refugees can commit equally terrible crimes as people born in Germany." THE ASSOCIATED PRESS

'The whole world is watching'

STANDING ROCK

After massive achievement, activists vow to keep fighting

Protesters who celebrated a major victory in their push to re-route the Dakota Access oil pipeline vowed to remain camped on federal land as they wait to find out whether President-elect Donald Trump might seek to overturn a decision that delayed the \$3.8-billion project.

The American Petroleum Institute, which represents the U.S. oil and natural gas industry, urged Trump to make approval of the disputed pipeline a "top priority" once he takes office next month, but a Trump spokesman on Monday offered few clues about how the incoming president might address the matter.

The Army Corps of Engineers on Sunday denied a permit for the pipeline to cross under the Missouri River in southern North Dakota near the Standing Rock Sioux Reservation. The tribe believes the 1,900-kilometre pipe-



Fireworks fill the night sky after activists learned an easement had been denied for the Dakota Access Pipeline near the Standing Rock Sioux Reservation on Sunday night. GETTY IMAGES

line to transport oil threatens drinking water and cultural sites.

"I am hopeful President-elect Trump will reject the Obama administration's shameful actions to deny this vital energy project,"

American Petroleum Institute President and CEO Jack Gerard said in a statement late Sunday.

Trump supports construction of the pipeline, spokesman Jason Miller said Monday, but Miller

wouldn't say whether Trump would reverse the Corps' decision. The uncertainty of what Trump will do is keeping many supporters in the camp despite winter conditions.

"The whole world is watching," said Miles Allard, a member of the Standing Rock Sioux. "I'm telling all our people to stand up and not to leave until this is over."

Pipeline opponents have camped for months near the pipeline route in North Dakota. Hundreds of people at the Oceti Sakowin, or Seven Council Fires, encampment cheered and chanted "mini wichoni" — "water is life" in Lakota Sioux — on Sunday when they learned of the Corps' decision.

The company constructing the pipeline, Dallas-based Energy Transfer Partners, slammed the Corps' decision as politically motivated and alleged that President Barack Obama's administration was determined to delay the matter until he leaves office.

"The White House's directive today to the Corps for further delay is just the latest in a series of overt and transparent political actions by an administration which has abandoned the rule of law in favour of currying favour with a narrow and extreme political constituency," the company said in a statement Sunday night. THE ASSOCIATED PRESS

WAREHOUSE FIRE

Murder charges possible

Prosecutors said Monday that murder charges could result from their investigation into the Oakland warehouse fire that broke out during an underground dance party at a building known as the Ghost Ship, killing three dozen people.

Alameda County Sheriff Gregory Ahern said he didn't believe there would be additional bodies found in what is the most lethal building fire in the U.S. in more than a decade.

But he cautioned that it was "impossible to be absolutely positive" until the entire recovery effort is complete. Authorities had gone through about three-quarters of the building by Tuesday afternoon.

The laborious job of digging with shovels and buckets through the debris was suspended overnight because of a dangerously unstable wall. It resumed in the morning, though a rainstorm Tuesday could complicate the effort.

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CHANTAL HÉBERT ON THE 'LOCK HER UP' CHANT



Does Chris Alexander not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate debate?

What could former immigration minister Chris Alexander have been thinking?

On Saturday, the federal Conservative leadership hopeful spoke at an Alberta rally against that province's planned carbon tax.

As he regaled the crowd with an invitation to vote out NDP premier Rachel Notley, protesters began the "Lock her up" chant that was one of the more despicable features of president-elect Donald Trump's campaign.

A video of Alexander shows him smiling and then nodding along and gesturing in time with the chant.

He then resumed speaking — for about a full minute — but never alluded either to the chant or to what he subsequently said was his sense that it was totally inappropriate.

He told the CBC: "I was smiling because I was trying to think of a way to change the chant."

To Maclean's, he maintained that he disapproved of the chant but that he believed one should listen to constituents.

But the latter did not stop Jason Kenney — even as he is campaigning for the Tory leadership in Alberta — from calling out the protesters.

As opposed to Alexander, Kenney does have a dog in the provincial fight against Notley. He tweeted: "There

are good reasons to oppose a carbon tax. But calling on our democratically elected premier to be 'locked up' is ridiculous and offensive."

Just last week on CBC's The National, Alexander agreed to read some of the abusive

debate?

One can only wonder why Alexander spoke at the demonstration in the first place. Federal leadership aspirants — or at least those who are considered serious contenders — do not normally take the



BODY LANGUAGE Conservative leadership candidate Chris Alexander smiled while his supporters called for the sitting Alberta premier's incarceration. THE CANADIAN PRESS

e-mails and tweets he received for his role in handling the Syrian refugee crisis.

The main point of the exercise was to expose how social media has become a vehicle to spread hatred against politicians and their families in general and women in politics in particular. Vile language is increasingly becoming par for the course in Canada's public debate — at some cost to citizen engagement.

For every protester validated by Alexander's silence on Saturday, there are likely many who found his complacent silence at least as disturbing as the chant itself.

Does he not believe that those who aspire to leadership positions have a responsibility to draw the line at what constitutes gratuitous abuse versus legitimate

stage at protests against sitting provincial governments. There are good reasons for that.

As often as not the stuff that party supporters dislike in one province is party policy in another.

In Alexander's own province of Ontario, Tory leader Patrick Brown, a former federal caucus colleague, subscribes to the necessity of pricing carbon.

In Manitoba, Conservative Premier Brian Pallister — yet another former federal Conservative caucus member — has promised to deliver a made-in-Manitoba carbon-pricing plan.

Both are leaning towards a revenue-neutral carbon tax.

Alexander left diplomacy for elected politics less than a decade ago. At the time he

was considered a star recruit. But the go-along-to-get-along attitude that may have been an asset in diplomatic circles has not served him well in politics.

It is not the first time he has missed an opportunity to show that he is neither tone-deaf nor spineless.

With Canadians reeling from the photographs of the lifeless three-year old Alan Kurdi at the time of the 2015 federal campaign, he gave the CBC an interview about the Syrian refugee crisis that was so devoid of empathy that it probably went some way to costing him his seat.

In the days leading up to the vote he, along with leadership rival Kellie Leitch, took on the dubious mission of promoting a government snitch line to report so-called barbaric cultural practices.

Prior to throwing his hat in the leadership ring, Alexander said in an interview that both issues had been mishandled. He believes that contributed to the Conservative defeat. They were also the only two campaign events that featured him in a frontline role. Not that it is really an excuse, but in contrast with Saturday's appearance in Alberta, he could at least be assumed to have been acting on orders from the campaign brain trust.

On Tuesday evening, the 14 men and women who are currently vying for Stephen Harper's succession will take part in the first of two debates designed to offer a measure of how fluent they are in both official languages.

That may be the only test of leadership the bilingual Alexander will pass with flying colours.

Chantal Hébert is a national affairs writer.

Recovered Arctic ships belong to Inuit

INSIDE THE PERIMETER

Shannon VanRaes



Many weekends, the only thing that excites me more than antique farm equipment is underwater archeology.

It has all the romance and danger of the open sea, plus the tantalizing prospect of rewriting history or finding long-hidden treasure — it's everything an armchair adventurer could ask for.

Twice this week I've settled down on the couch and engrossed myself in documentaries about Canada's search for the ill-fated HMS Terror and HMS Erebus, the last earthly vestiges of Sir John Franklin's failed expedition seeking the Northwest Passage.

What better way to escape the dreary cold of a Winnipeg December than to immerse myself in the story of 129 men who perished after years of suffering in the frigid dark of the High Arctic?

With bated breath I waited to find out where the artefacts would be displayed. Winnipeg? Ottawa? Perhaps a national tour for Canada's sesquicentennial? Maybe Nunavut?

No, no and no and no.

While the Canadian government spent \$2.8 million locating the Erebus and thousands more to locate the Terror — in addition to the \$7.2 million allocated to advertising and promoting the search — Canadians will have to travel overseas if they want to see the artefacts before 2018.

The National Maritime Museum in Greenwich, England, will host the inaugural exhibition. The Canadian Museum of History is a sponsor.

Why? you might ask. Well it's not because the ships are British in origin; rather, it's due to a vague memorandum of understanding signed in 1997, which recognized the U.K.'s ownership of the wrecks and their contents, with the caveat Britain would later assign ownership to Canada if the ships were located.

But ultimately it's not armchair historians like me or even the average Canadian taxpayer who are getting the short end of the stick; it's the Inuit of Nunavut. Despite a pre-existing land-claim agreement that covers the waters where the ships were found, the territory's claim to the artifacts and the ships has been denied.

It's a greater irony because not only did Parks Canada and the Arctic Research Foundation need Nunavut's permission to search for the wrecks, it was Inuit hunter and Arctic ranger Sammy Kogvik who led searchers to the Terror. The ship was located in Terror Bay, right where Inuit oral history always said it was located.

And so while forging ahead to uncover our past, the governments of both Canada and Britain continue to recommit historic wrongs. They have trounced onto indigenous territory, asked for the assistance of those that live there and then trucked away the rewards.

Given the long history between First Nations and the Crown, it's not surprising the situation has unfolded the way it has, but it is disappointing. The discovery of the Erebus and Terror offered not just an opportunity to uncover the past, but to redirect the future.

Sadly, it was an opportunity that government shuttled.

This is not the first time Alexander has missed an opportunity to show that he is neither tone-deaf nor spineless.

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Doctors' diagnosis: burnout

MEDICAL PROFESSIONALS

Working 100+ hours per week takes a toll on residents

Genna Buck
Metro



Imagine this was your schedule: All week, your alarm buzzes at five a.m. You're at work by six, and then it's non-stop until eight or nine at night. Lunch break? If you're lucky.

The next day, you're on call for 24 hours. You may or may not get to sleep.

That's life as a medical resident in Canada. In most specialties, residency is a four-year marathon after med school: 100-hour workweeks, evenings spent studying and up to seven 24-hour call shifts a month, except in Quebec, where they're capped at 16 hours.

Experts have been debating for decades about whether doctors who work such long days are hurting patients — or themselves.

Their focus has shifted since 2013, when a research report from Canada's doctors' associations found, surprisingly, no clear evidence that patient safety improves when doctors aren't allowed to work above a certain number of hours per week (typically 80), or are required to block off five uninterrupted hours to sleep.

Rather than strictly limiting

MAXED OUT: HOW CANADA COMPARES

Canadian residents look to be burdened with a heavier load than their global counterparts. Here's a breakdown of the maximum hours per week doctors around the globe can work.

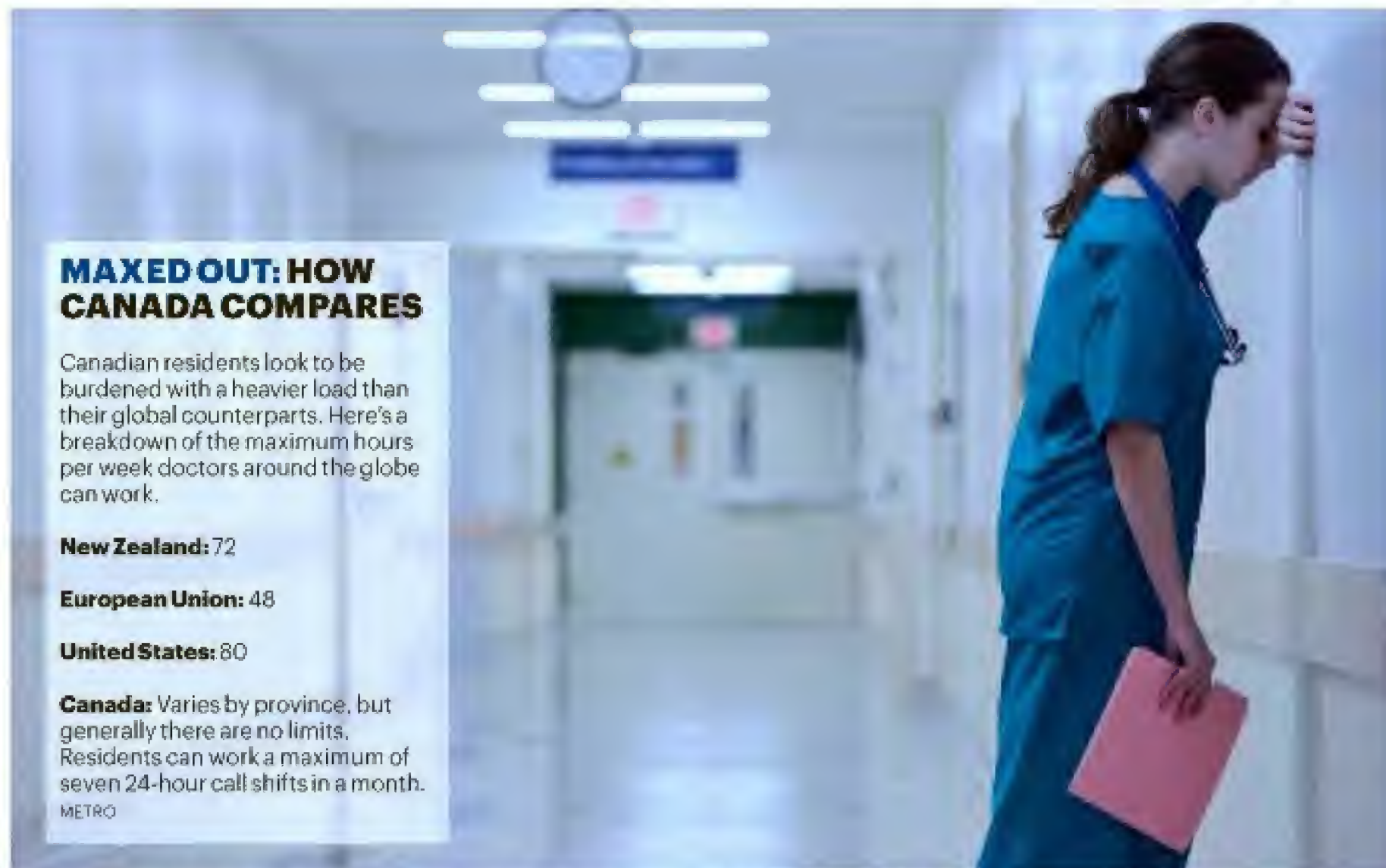
New Zealand: 72

European Union: 48

United States: 80

Canada: Varies by province, but generally there are no limits. Residents can work a maximum of seven 24-hour call shifts in a month.

METRO



Young doctors across Canada are risking fatigue and emotional burnout with their working hours. iStock

hours, hospitals and doctors' groups are turning to interventions like the resiliency curriculum developed by Resident Doctors of Canada. It's based on cognitive behavioural therapy and teaches self-monitoring and mindfulness.

Dr. Kimberly Williams, president of RDoC, believes long hours are not the only, or even the most important, contributor to burnout. It's the pressure of

being constantly evaluated, the lack of control over your schedule, and uncertainty about the future, she said.

Two major studies in the past month, one from the Mayo Clinic and one in the medical journal *The Lancet*, looked at ways institutions have tried to deal with fatigue, emotional exhaustion, and extraordinary depression rate: 29 per cent, versus 12 per cent of the general population.

The Mayo clinic study found hospitals had the most success with organization-wide changes like regular psychological screening, leadership training for supervising doctors and bi-weekly group dinners where residents can vent to peers who understand.

The *Lancet* paper, which reviewed previous studies, found pretty much all burnout-reduction programs were equally, and

not very, effective. On average, they reduced burnout rates from 54 per cent to 44 per cent, as measured by a standard psychological test.

And that's assuming those who have a problem admit it.

Many doctors don't, said one resident who has trained in both Ontario and Quebec hospitals. He didn't want us to mention his name or even his speciality.

He described workplaces with

a "machismo" culture and unsustainable stress, and needed counselling to cope.

Young doctors are often far from home, working for bosses who are depressed and irritable, and dealing with traumatic cases and patient deaths for the first time — all without a moment to breathe, he said.

"I've worked 24 hours straight without a break of any kind, having a granola bar in my pocket," he said. "Pretty much every resident can describe a situation like that."

It's a recipe for depression: "This weird thing happens. You feel like there's no life outside of residency. You forget about yourself. You feel like a slave, and like you'll be a bad doctor."

Even going to the bathroom feels like letting down a patient and your co-workers, he added.

He said there's not a clear solution. More downtime means the need for more residents, who will need more (taxpayer funded) jobs after their training. And with more doctors on duty, studies show, there are more patient hand-offs, increasing the chance something important will be missed.

He'd like to see hospitals reduce the amount of time doctors spend on paperwork that could be done by someone else. But at the heart of the issue is the need for more rest.

"It would be very helpful to be able to do the things we did to get into med school: volunteer, be a community member, see family and friends. The culture says those things are frivolous. They're not," he said.

SLIP AND FALLS

Study finds the best footwear to get a grip



When it comes to casual boots, researchers found Sperry's Vibram Arctic Grip boots (left, \$200; Sperry.com) performed best. For safety boots, Dakota's transitional boot with "Green Diamond" soles (\$199.99; Marks.com) were the top rated.

This winter, thousands will feel their legs fly out from under them, and curse the icy surface that forced them to the ground.

According to stats on gov.mb.ca, each year in Manitoba there is an average of 162 fall-related deaths and 5,367 people are admitted to hospital due to a fall.

A group of researchers is trying to prevent those winter falls by helping Canadians pick out the safest, non-slip winter boots on the market. Researchers on the iDAPT team at the Toronto Rehabilitation Institute-University Health Network examined

98 pairs and rated their grip on slippery surfaces on a scale of one to three snowflakes.

"You put snow tires on your car in the winter, surely you should worry about the boots you're going to wear in the same weather," said Geoff Fernie, the research director at the Toronto Rehabilitation Institute.

Researchers tested the slip resistance of 98 different pairs of new winter boots on ice, including safety and casual shoes, and found that just eight per cent met minimum standards.

Volunteers strapped into har-

nesses and wore boots in the WinterLab, a cool laboratory that recreates winter life in Canada. The Winterlab features sub-zero temperatures, blistering winds, icy sidewalks and slippery hills. Each boot was given a ranking on — what else — a snowflake scale.

Boots were measured based on the "Maximum Achievable Angle" testing method, hailed as the first of its kind. Boots that were slip-resistant at an angle of seven degrees — the angle that Ontario's accessibility guidelines specifies for curbs you see on sidewalks — were awarded

one snowflake. Two stars were awarded for 11 degrees and three stars for 15 degrees. But none of the boots tested met the two or three star standard. In fact, almost none managed to crack the snowflake scale at all.

"We discovered that 90 of the boots we tested couldn't even get to seven degrees, they couldn't even get to one snowflake," Fernie said. "In fact, some of them were so bad that people couldn't stand up on level ice without their legs going out from under them like a cartoon character."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING



Michael Weatherly portrays Dr. Jason Bull, whose surname is sometimes taken too literally by the show's writers. CBS VIA AP

Viewers let Bull take them by the horns

THE SHOW: Bull, Season 1, Episode 6, Global TV
THE MOMENT: The smirking certitude

"Why would you dismiss a juror who cares about intellect?" hisses the client, a brilliant surgeon accused of malpractice, to his trial consultant, Dr. Jason Bull (Michael Weatherly), during jury selection.

"Because she's an idealist and we want pragmatists who'll put up with you because you're the best, despite your prickly exterior," Bull answers. "Have you ever heard of the ass to awesome ratio? It means the bigger an ass you are, the better you'd better be. You're reaching that threshold."

"Have you applied that ratio to yourself, Dr. Bull?" the surgeon asks.

My dear surgeon, Bull need not apply any real-world constraints that might threaten his awesomeness.

He enjoys the luxury shared by all TV smarty-pants: the ability to skate serenely over implausibility merely by talk-

ing quickly. (See also: Olivia Pope.)

Implausibility like this: in another episode, Bull hands the next day's jury roll to a newbie lawyer. "Nobody gets this in advance," Newbie sputters.

"We do," replies Bull. "Better not to ask."

So true. What better way to create a TV genius than to free him from pesky — what is it called — realism? Bull is based on the early career of TV shrink Dr. Phil McGraw, who also skated to fame by never letting complex ideas get in the way of his certitude.

People love certitude — that's why Bull is one of the top new shows this year. Viewers know they can curl up in Weatherly's ever-present smirk and be carried safely to bedtime, relieved that someone out there has all the answers.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

The end of a friend: Why breaking up is hard to do



Toronto-based artist Annie Wong has recently had two friends break up with her. STEVE RUSSELL/TORONTO STAR

RELATIONSHIP STATUS

Platonic splits prove to be just as difficult as romantic ones

Annie Wong has been told she can be a bad friend.

Earlier this month, she and a friend were emailed by a mutual acquaintance asking about a possible artistic collaboration. In a reply-all message, what came back from the friend was a shock: "I no longer speak with Annie Wong."

Despite the pair meeting in "a magical way" on the streetcar a year ago, sharing creative interests and the intention to develop a closer bond, they didn't hang out that much. The now-former friend accused Wong of not making time for the friendship.

"She was right," said Wong on Nov. 17, a day that happened to be National Unfriend Day, a faux holiday created by comedian Jimmy Kimmel, to "protect the sacred nature of friendship," according to its Facebook page.

Wong is a self-described introvert and multidisciplinary artist who finds it hard to balance her personal life with her many gigs. She feels guilty about missing baby showers and birthdays but didn't see this breakup coming.

"When this happened it made me think about all of my friends because I've made so many interesting friends and I miss them," said Wong, 32.

Though the depths of romantic breakups are plumbed in movies, books, lovelorn poetry and songs, platonic breakups

— an actual rupture, not just ghosting — can be just as devastating if less visible, said Shasta Nelson, a California-based friendship expert and author of two books on friendship.

On a new episode of Chelsea Handler's talk show, the comedian discusses friend breakups with celebrities Trevor Noah, Sarah Jessica Parker and Julianna Margulies. But other examples are tough to recall. That lack of exposure is a shame because most women will experience the end of a friendship more often than the end of a romance.

"Chances are higher that we would have more platonic breakups in our lifetime than romantic breakups," Nelson said. "We have so many more friends than we do dating partners, but we don't talk about it very much."

The five most common threats to friendships include blame, jealousy, judgment, neglect, and non-reciprocation, said Nelson, who founded FriendsCircles.com, a friendship matching site.

There are no cultural guideposts or social models for how friend breakups should happen. Nelson recommends having "the talk" to end things with healthy closure just as one would with a lover, even if it can be awkward — which it will.

She said most people will replace half of their current close

friends in seven years, a fact backed up by a longitudinal Dutch study published in 2014 in the journal Social Networks.

That study, based on a multi-year survey, showed that while the average number of confidants and friends remained stable, about half of those contacts were swapped out for new ones within seven years, often due to life-changing events such as a new job, marriage or neighbourhood.

Experts say many friendships needn't end entirely, especially among the kind of pals who have been around long enough to remember childhood homes or first marriages. But there are deal-breakers, said Irene S. Levine, author of *Best Friends Forever: Surviving a Breakup with Your Best Friend* and professor of psychiatry at the New York University School of medicine.

Those include behaviour that undermines you, your career, or other relationships, such as badmouthing and gossip. It could also be behaviour that is untrustworthy, such as lying or spilling secrets, or encroaching on boundaries, such as stealing friends or copying.

Not all friendships that fail are toxic. Some just don't work. Many friendships end "when there are consistent misunderstandings, disappointments, friction," psychologist Levine said

+ ADVICE

Handling a de-friending

It's important to differentiate between passively and actively ending a friendship, said Toronto psychologist and relationship expert Nicole McCance. She advocates for being picky with friends, which are some of the few people we can choose to have in our lives.

"It's healthy to let friends go," McCance said. "Cleaning house can sometimes make a huge difference, removing the negative friends."

In an active breakup conversation, bring up the tension and bring up the pattern, she said. It's likely your friend has noticed, too. TORSTAR NEWS SERVICE

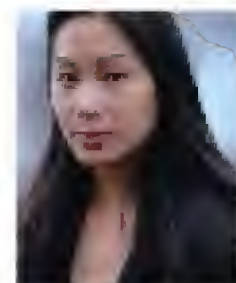
If that happens, be sure you're prepared to deal with the fallout.

"Once you pursue that route, there's no going back," Levine said. "You have to be very, very sure. You'll never be able to reclaim the friendship at the same level of intimacy."

Annie Alexander, 36, dumped a friend who wasn't there for her when she lost a beloved grandmother during her twenties. At one time, the pair had shared clothes, daily phone conversations and cottage weekends. Once that ended, with some ill-chosen words, Alexander mourned the loss.

"She was like a sister to me. I was so sad," she said. "It haunted me for years after."

TORSTAR NEWS SERVICE



If you're building a friendship, you do invest a lot of time and emotion.

Annie Wong

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5 Festive treats for the gym rat in your life

Finding gifts for a fitness buff? There are plenty of options beyond white tube socks and running shoes to hide under the tree. **KERRY GILLESPIE TORSTAR NEWS SERVICE**



1 Stink-free sweating

Sport Suds is a residue-free laundry detergent designed to keep high-tech clothing performing well and stink-free — the Holy Grail for many fitness fanatics. Available at Running Room stores and runningroom.com for \$21.99.



2 Feel the benefit of a dry run

Packtowl is a lightweight towel that wrings out almost completely dry and doesn't smell up a gym bag or locker. \$11-\$45, MEC stores and mec.ca.

3 Turn over a new leaf

DavidsTea lock top travel mug is a leak-proof thermos that keeps post-workout recovery drinks hot or cold. \$34, DavidsTea stores and davidstea.com.



4 Don't skip a beat

For a no-fuss workout that travels well, nothing beats a skipping rope like the Nike Speed Jump Rope, \$17.99 at Sporting Life stores and sportinglife.ca.



5 Minimalist style, maximum gains

The water-resistant Annex Duffle bag with tuck-away backpack straps makes a great gym bag for fans of minimalist styling. \$65, MEC stores and mec.ca.

Can the Ketogenic diet actually work?

Many followers of this high-fat regimen test their ketones with a urine test. **TORSTAR**

FAD OR FOR REAL?

How amped-up Atkins has won new fans — with balls of bacon

Bacon and eggs rolled into a ball with mayonnaise. Bacon, avocado and butter balls. Peanut butter, cocoa and butter balls.

Those three recipes might sound like the nutritional fantasies of an adolescent or Homer Simpson, but they are a few examples of "fat bombs," permitted on the latest trendy weight-loss diet that even a few years ago might have seemed outrageous.

But as experts debate whether carbohydrates or calories, sugar or fat are the true enemy of maintaining a healthy weight, the Ketogenic diet — basically an amped-up Paleo or Atkins diet — has moved into the realm of reasonable. Fat bombs are a preferred snack for followers of this low-carb, high fat plan.

The basic principle is simple: the body burns carbohydrates as its primary source of fuel and denying it those carbs forces the body to burn fat. This is achieved by eating a diet that's mostly fat.

To function properly the human brain is dependent on glucose, derived from sugars. When that's unavailable, the liver will break down fat instead, producing molecules called ketones as an alternate energy source. This metabolic state, known as ketosis, keeps the brain working even during times of starvation.

Ketosis is a normal process though people eating a balanced diet may never experience it. The keto diet has been attributed to rapid and dramatic weight loss though some experts question whether eating a maximum of 50 grams of carbohydrates a day — the equivalent of a cup of oatmeal, or two slices of bread and an apple — is sustainable. Some followers consume much less. Many also test their ketones with a urine test.

Raj Patel, 40, has limited his carbs to 30 grams daily for six years. He's now a self-taught keto coach who helps design meal plans for his clients, many of whom want to lose weight or manage their diabetes. Patel was 35 when he first read about keto on a bodybuilding website. He was pumping iron but getting nowhere and weighed more than he wanted to. After adopting a keto diet, he dropped from 240 to 175 pounds in two years.

Now, he'll eat eggs, bacon, coconut oil, avocado and spinach for breakfast; chicken legs with skin and salad with olive oil for lunch; full-fat ground beef, avocado and broccoli for dinner. No fruit, no dairy, no alcohol and no starchy carbs.

"I look younger now than I did then," Patel said.

Kim Kardashian is a de facto follower of the keto diet. She's a celebrity spokesmodel for the Atkins Diet and credited her post-baby weight loss to that regimen, which helped launch the low-carb craze of two decades ago. The Atkins diet fell out of vogue after its champion, Dr. Robert At-



Keto coach Raj Patel has limited his carbs to 30 grams daily for six years. **ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE**

kins, suffered a cardiac arrest in 2002 and died the following year.

Yet more recent studies have shown that fat, even saturated fat from red meat, cheese and coconut oil, is probably no worse for your heart than carbohydrates.

"The thing is, your body doesn't care about calories. If you take 100 calories of chocolate chip cookies or 100 calories of salad, the metabolic effect is totally different," said Dr. Jason Fung, a kidney expert at Scarborough General Hospital and author of the 2016 book *The Obesity Code: Unlocking the Secrets of Weight Loss*.

In it, he argues the real culprit is too much insulin, which tells the body to store energy.

Dietary fat has almost no insulin response, he said. Hence the butter-bacon balls.

Some elite athletes, such as NBA stars LeBron James and Kobe Bryant and the Australian cricket

team have attributed high-profile weight loss to very low-carb diets.

Once in ketosis, which can be measured with urine testing strips, many people report weird-smelling breath and urine, but also feeling less hunger and more energy.

It may be effective, but the nature of dieting predicts a high risk of failure, said obesity expert Dr. Yoni Freedhoff, assistant professor at the University of Ottawa and medical director of the Bariatric Medical Institute.

To remain in ketosis, followers have to avoid "a huge swath of our modern food environment," Freedhoff said, adding there is no long-term data on the diet.

"Ketosis isn't particularly dangerous or magical. It's another one of a thousand ways a person might try to control their dietary intake ... it still does come down to energy intake and output."

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The illusion that is John Tortorella

NHL Columbus GM not sold on preconceived ideas of coach

John Tortorella is not who you think he is, at least according to his boss with the Blue Jackets.

Columbus general manager Jarmo Kekalainen says the public perception of his 58-year-old coach as a relic stuck in his ways is misguided.

"A lot of times the public conception of people is so different from what it actually is, and that's why I want to bring up that he's completely different from some of the public conceptions or what people think that he might be as a coach," Kekalainen said in a recent interview. "He does not think that he's got it all figured out."

Tortorella's Blue Jackets have been the surprise team of the NHL thus far, tied for fifth overall with 32 points.

It's quite the revival for a coach who looked to be on his

last gasps in the league after being fired by Vancouver in 2014, one year after a dismissal from the New York Rangers. He was the surprise choice to replace Todd Richards as the Jackets head coach early last season.

In that short time together, Kekalainen has discovered that Tortorella is much more adaptive than he's given credit for.

"He wants to learn. He wants to get better. And he's really tweaked his ideology of coaching, both on the mental side and the system side of hockey too," Kekalainen said. "He does not make the team play a game that's not up to date and modern."

Events in recent months hinted at the opposite.

Tortorella coached an archaically-built American team at the World Cup of Hockey (they lost all three games) and then spouted off about the limitations of puck possession statistics early last month. Columbus, notably, stormed through November (9-2-3) with one of the best puck possession marks in hockey (52.4 per cent).

THE CANADIAN PRESS

“He’s completely different from some of the public conceptions or what people think that he might be as a coach. He does not think that he’s got it all figured out.”
Columbus Blue Jackets GM Jarmo Kekalainen



John Tortorella's motivational tactics had the historically bad Blue Jackets in third place in the Metropolitan Division with a 14-5-4 record going into Monday's game against Arizona.

JOEL AUERBACH/GETTY IMAGES

AUTOPSY REPORT

Former Senator Svatos died of overdose



Former Senators player Marek Svatos. GETTY IMAGES

Authorities say former Colorado Avalanche player Marek Svatos died of a drug overdose.

According to an autopsy report released Monday, the 34-year-old had several drugs in his system at the time of his death on Nov. 5, including anti-anxiety medication and painkillers.

It also said that drug paraphernalia was found near him at his home in the suburban Denver city of Lone Tree.

The Douglas County cor-

oner's office concluded he died of "combined drug intoxication" but officials couldn't determine whether it was accidental or not.

The report noted that Svatos reportedly had a history of using heroin, had had suicidal thoughts and had recently experienced "life stressors" and legal issues.

The native of Kosice, Slovakia played for the Avalanche from 2004 until 2010. He also played briefly for Nashville and Ottawa.

THE ASSOCIATED PRESS

NCAA

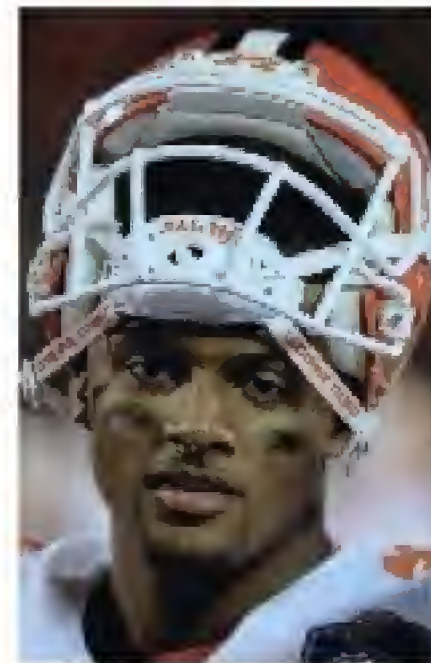
Watson a Heisman finalist once more

Clemson quarterback Deshaun Watson is a Heisman Trophy finalist for the second consecutive season, joining Louisville quarterback Lamar Jackson, Michigan linebacker Jabrill Peppers and Oklahoma teammates Baker Mayfield and Dede Westbrook.

The finalists were announced Monday on ESPN and the award will be presented Saturday in New York.

Watson finished third in last year's voting, won by Alabama running back Derrick Henry. Just like last year, he heads to New York not as the favourite but as the contender coming on strong at the end.

THE ASSOCIATED PRESS



Deshaun Watson GETTY IMAGES

NFL

Rivera defends his treatment of Newton

Panthers coach Ron Rivera is not worried about losing the faith of his players in the locker-room after his decision to bench Cam Newton for the start of Sunday night's game against the Seattle Seahawks.

Rivera said Monday in hindsight he's "very comfortable" with his decision to keep the reigning league MVP on the sideline after he failed to wear a tie on the team flight Saturday, as required by team rules.

Derek Anderson replaced Newton in the starting lineup and threw an interception on Carolina's first play from scrimmage.



Cam Newton GETTY IMAGES

Newton entered the game on the second series, but things continued to spiral downhill and the injury-riddled and struggling Panthers (4-8) lost 40-7.

Rivera said there was no underlying message to Newton because he has enforced similar dress code violations in the past.

"It's not the first time and it probably won't be the last time," Rivera said. "Everybody gets treated the same." THE ASSOCIATED PRESS

SOCCER IN BRIEF

Blatter loses ban appeal

Sepp Blatter lost his appeal against a six-year ban by FIFA on Monday, and now has more serious legal cases lined up against him. Blatter said in a statement it was "difficult" to accept the Court of Arbitration for Sport's verdict.

The former FIFA president, who was banned for approving a \$2 million payment to Michel Platini in 2011, said he will accept the decision. He could have pursued a further appeal at Switzerland's supreme court.

THE ASSOCIATED PRESS

Tragedy-hit Chapecoense awarded Sudamericana title

The Brazilian club Chapecoense, which lost most of its players in an air crash last week, has been awarded the Copa Sudamericana championship by the governing body of South American soccer.

In a statement Monday, CONMEBOL said it awarded the title "as a posthumous homage to the victims of the fatal crash that leaves our sport in mourning."

Nineteen of Chapecoense's players were killed in the crash just outside Medellin, Colombia. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Healthy Turkey Barley Chili



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

This healthy, fibre-rich chili has great depth of flavour and the barley adds a satisfying texture.

Ready in 30 minutes

Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 1 large onion, finely chopped
- 1/2 stick of celery, chopped
- 2 garlic cloves, minced
- 1 carrot, chopped
- 3/4 lb ground turkey
- 2 cups low sodium chicken stock
- 1 15-oz can of white beans, rinsed and drained
- 1 cup barley
- 2 tsp ground cumin
- 2 tsp chili powder

- 1/2 tsp oregano
- 1/4 tsp salt
- 4 Tbsp of low-fat sour cream or plain yogurt

Directions

1. Heat oil in large Dutch oven. Add onion, celery and garlic. Cook 5 minutes or until onions are translucent.
2. Put turkey into pan, breaking apart with a wooden spoon. Cook 5 minutes or until no longer pink. Stir in chili powder, cumin, oregano and salt.
3. Add chicken stock, carrots and barley. Simmer for 10 minutes, stirring occasionally.
4. Add beans, mix well and cook on low heat a further 10 minutes.
5. Serve over your favourite bread with a dollop of fat-free sour cream or yogurt on top.

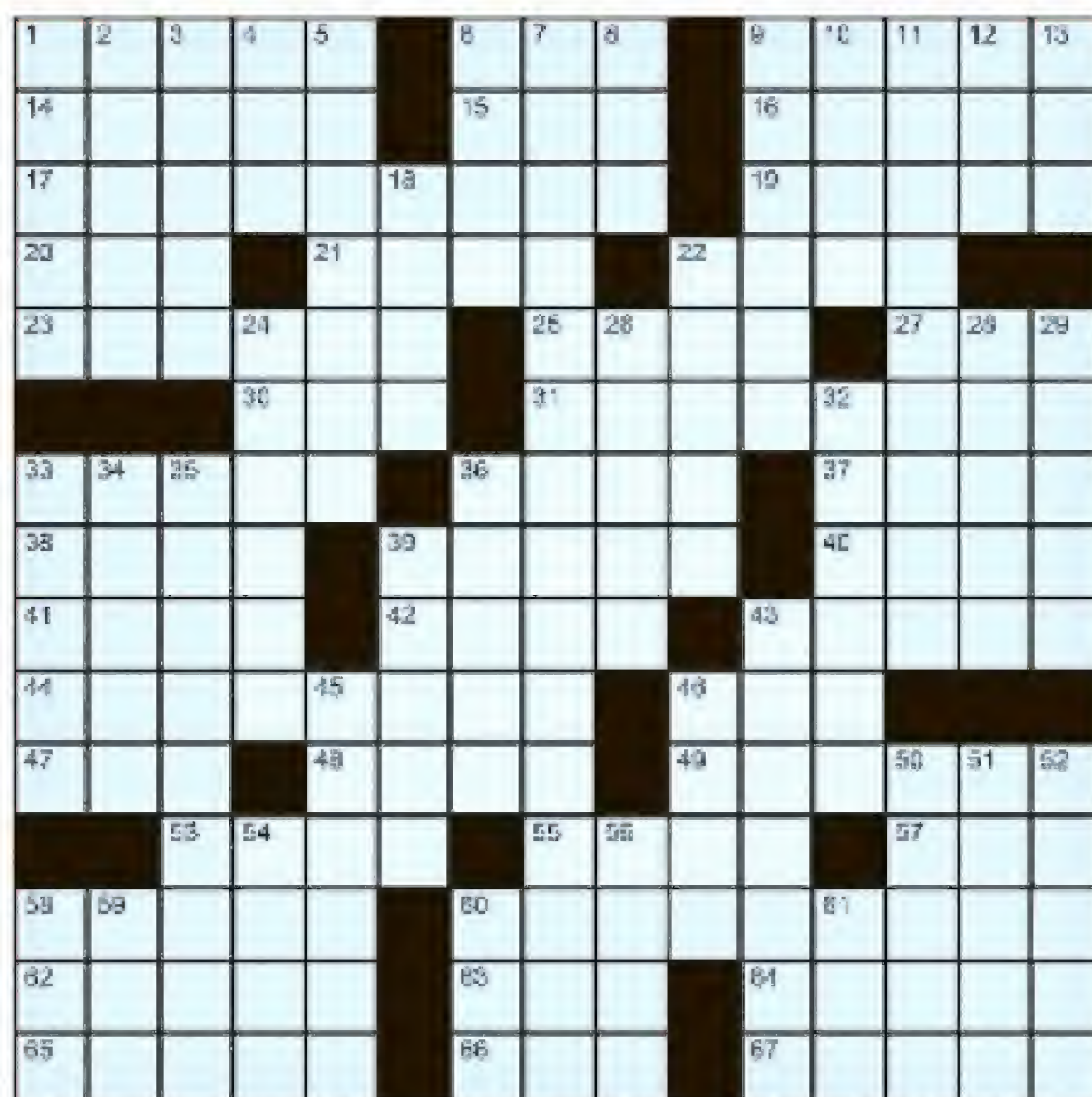
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Goldie Hawn/Kurt Russell flick, "Swing _" (1984)
6. And so on, shortened
9. Large in scale
14. " _ funny." (Rather amusing, fun-style)
15. Vital life energy
16. Can't stand
17. Nonpareil
19. Laura and Bruce of acting
20. Palindromic honorific
21. Oz dog on the silver screen
22. Water's whirl-ee
23. Security system device
25. Ancient harp
27. City of Brazil, with Paulo
30. Rimouski refusal
31. Gloomy
33. Kisses, in Spain
36. Sort of streambed
37. Care _ _ (Care Bears home)
38. Having the skills: 2 wds.
39. Mature, as a mango
40. Trigonometry ratio
41. Marinate
42. Racetrack shape
43. Early _ (Morning person)
44. Off-the-cuff speaker
46. Perfect spelled-out rating
47. Novel
48. Itemize
49. Bypasses
53. Gulf of _ (It's between Somalia and Yemen)
55. She-horse



57. Assembled
58. Andrea _ (Ocean liner in 1956 headlines)
60. Unforgettable
62. Prefix with 'continental'
63. Journey's " _ Way You Want It"
64. Overly tough

- guy
65. Ashen-looking
66. Final amt.
67. Besmirch

- ter in "Cold Mountain" (2003)
4. Rx watchdog in The States
5. Body drawings
6. Real
7. Barenaked Ladies song: 3 wds.
8. Sophia Loren movie, "El _" (1961)

- shortly
18. _ on the cob
22. James Mason's role in "The Desert Fox" (1951), Field Marshal _ Rommel
24. "Jersey Shore" cast member
26. Swiss song, sometimes
28. "Two Hearts Beat _ _" by U2
29. River rollicker
32. Reno venue
33. Second largest city in South Korea after Seoul
34. Lyric/poem variety
35. Loyalists
36. "The First _ Club" (1996)
39. Dr. Phil's wife
43. Rocker's amp effects
45. _-eyed
46. Produce Department selection
50. Diffuse
51. Ms. Burke of "Designing Women"
52. Turn while driving
54. Atkins _
56. _ acetate (Banana oil)
58. Dunk a bit
59. "Snakes _ _ Plane" (2006)
60. Front door rug
61. Sleeve

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Expect surprises when dealing with others today, especially in groups or classes. The surprise might be an event that affects everyone, or you might meet someone who is unusual or really different.

Taurus April 21 - May 21
Something will spur you into action today! Whatever it is will arouse your ambition. Be grateful that something makes you feel alive and ready for action!

Gemini May 22 - June 21
Unexpected opportunities to travel might fall into your lap today. Similarly, surprise opportunities to get further education or training might materialize. Yay!

Cancer June 22 - July 23
Keep your pockets open, because unexpected gifts and goodies might come your way today. You also could hear good news from a partner regarding money and wealth.

Leo July 24 - Aug. 23
Stay light on your feet, because a friend or a partner might throw you a curveball today. Quite likely, this person is excited about something that he or she didn't expect to happen. Enthusiasm is contagious!

Virgo Aug. 24 - Sept. 23
You have lots of energy at work today. This is a good thing, because you will have to deal with a work routine that is interrupted by surprising events. Stay on your toes!

Libra Sept. 24 - Oct. 23
Parents, take note: This will be a klutzy day for your children, so pay attention. Be extra vigilant and mindful. Do what you can to protect them from hazardous situations.

Scorpio Oct. 24 - Nov. 22
Something unexpected will happen at home today. Small appliances might break down, or minor breakages could occur. Perhaps a family member has surprising news. It could be anything.

Sagittarius Nov. 23 - Dec. 21
Be careful, because this is an accident-prone day. Therefore, be aware of everything you say and do. Keep your eyes open!

Capricorn Dec. 22 - Jan. 20
Guard your possessions and your cash flow against loss, theft or something untoward, because unexpected events might affect what you own. Check your bank account.

Aquarius Jan. 21 - Feb. 19
You feel energetic and impulsive today! This is why you will react to what others say. Guard against rash, knee-jerk behaviour.

Pisces Feb. 20 - March 20
This is a restless day for you. Perhaps something going on behind the scenes has affected you, or perhaps you just feel edgy and nervous. Don't worry. This will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

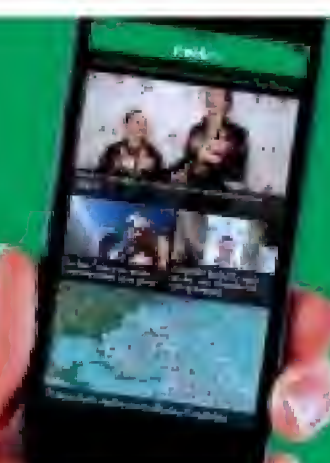
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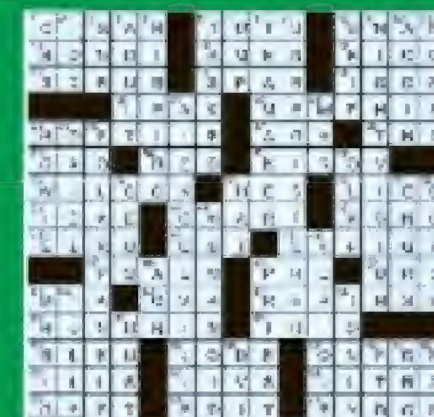


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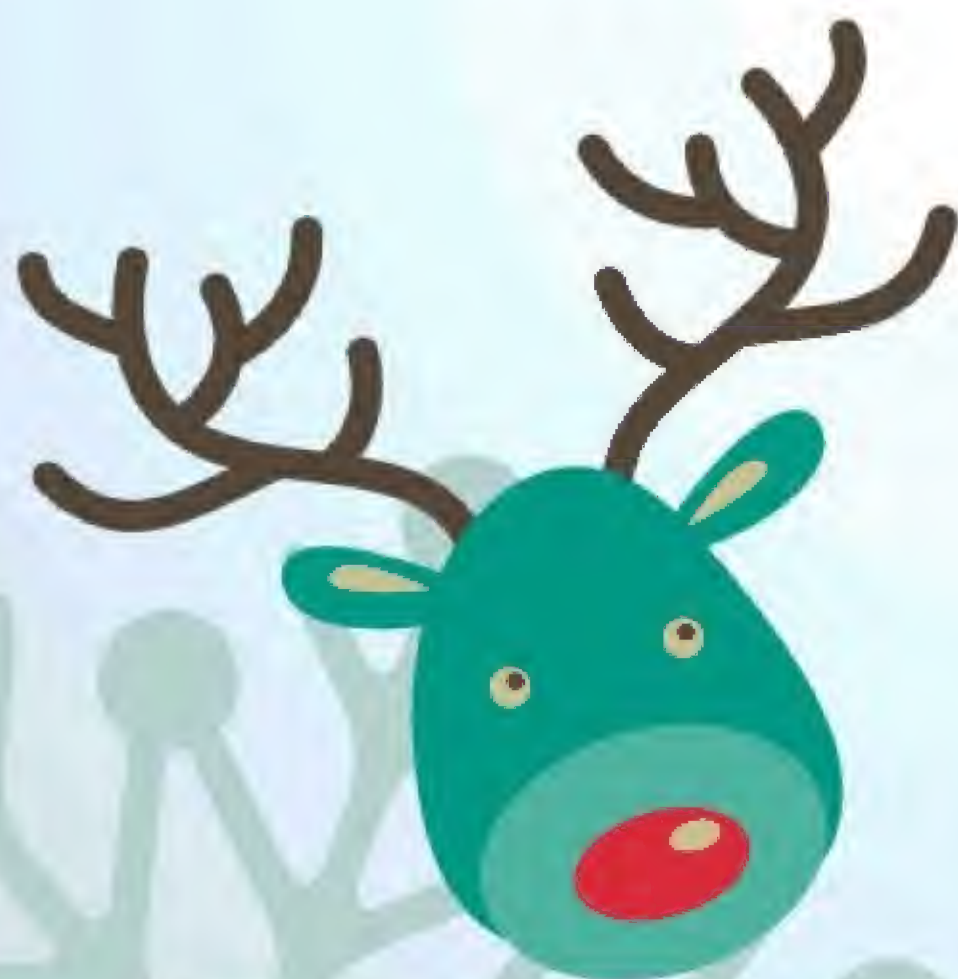
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